

MILWAUKEE COUNTY

MEALS ON WHEELS



APRIL



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>  <div>  <div> Goodwill Industries of Southeastern Wisconsin, Inc. MEALS ON WHEELS 414-358-6527 </div>  <div> Suggested Contribution \$3.00 60+ </div>  <div>  = DIABETIC DESSERT </div> </div> </div>				
				 = DIABETIC DESSERT
1 Seafood Alfredo Over Penne Pasta Green Beans Garlic Bread Snickerdoodle Cookie ♥ Melon Wedge	4 Swedish Meatballs Garlic Mashed Potatoes Grilled Vegetables 7-Grain Bread Rice Krispie Treat ♥ Chilled Peaches	5 Turkey à la King Rice Capri Vegetables Biscuit Chocolate Pudding ♥ Lo-Cal Pudding	6 Creole Chicken Breast Red Beans & Rice Bahama Vegetables Cornbread Pineapple Juice Strawberry Yogurt	7 Italian Sausage Marinara Sauce Hot Veggie Pasta Italian Vegetables Crusty Roll Chilled Pears
8 Mediterranean Baked Cod Potato Casserole Broccoli Marble Rye Bread Fresh Fruit Cup	11 Tuna Casserole Roasted Cauliflower Calico Beans Whole Grain Bread Pineapple	12 Pork Loin w/Gravy Red Potatoes Creamed Spinach Italian Bread Lemon Bar ♥ Granny Smith Apple	13 Cheesy Rotini & Ham Peas & Diced Carrots Cinnamon Applesauce Poppy Seed Roll Orange	14 Oven-Fried Chicken Baked Sweet Potato Corn Mixed Greens/Dressing Cheddar Biscuit Raisins
15 Manicotti w/Sauce Sautéed Zucchini Romaine Salad/Dressing Garlic Breadstick Baker's Choice ♥ Banana	18 Glazed Ham Au Gratin Potatoes Country Vegetables Multigrain Dinner Roll Mandarin Oranges	19 Roast Beef/Gravy Sesame Bun Potato Rounds Green Beans Almondine Peanut Butter Cookie ♥ Peaches	20 Chicken Cordon Bleu Wild Rice Blend Brussels Sprouts Spring Greens/Ranch Pumpkin Muffin Pear	21 BBQ Pulled Pork/Bun Macaroni & Cheese Braised Cabbage Grape Juice Brownie ♥ Apple
22 Salisbury Steak Gravy Mashed Potatoes Stewed Tomatoes Wheat Bread Grapes	25 Scrambled Eggs Turkey Canadian Bacon Baby Baker Potatoes Tomato Juice Banana Bread Chilled Apricots	26 Smothered Pork Chop Scalloped Potatoes Wisconsin Vegetables Rye Dinner Roll Blueberry Pie ♥ Lo-Cal Jello	27 Tuna Salad/Onion Roll Lettuce & Tomato Pasta Salad Sun Chips Oatmeal Raisin Cookie ♥ Applesauce	28 Cranberry Meatballs Buttered Noodles Peas Spinach/Dressing Dinner Roll Clementine
29 BBQ Chicken Leg/Thigh Baked Potato/Sour Cream Baby Carrots w/Dill Cornbread Muffin Fruit Cocktail				

MILWAUKEE COUNTY SENIOR DINING



Healthy For Good™

FOUR WAYS TO GET GOOD FATS

Replace saturated fats with unsaturated fats as part of a healthy eating pattern. Unsaturated fats can help lower bad cholesterol and triglyceride levels, and they provide essential nutrients your body needs. Here are four easy and delicious ways to get more of the good fats.



GO FISH

Eat fish at least twice a week. Choose fatty or oily fish like albacore tuna, herring, lake trout, mackerel, sardines and salmon to get essential omega-3 fatty acids.

BE NUTTY

Munch on a small handful (about 1 oz.) of unsalted nuts and seeds for good fats, energy, protein and fiber. Good choices include almonds, hazelnuts, peanuts, pistachios, pumpkin seeds, sunflower seeds and walnuts.



ADD AVOCADO

Snack, cook and bake with avocado to add healthy fats, fiber and essential vitamins and minerals.



CHECK THE OILS

Use cooking and dressing oils that are lower in saturated fat. Good choices include avocado, canola, corn, grapeseed, olive, peanut, safflower, sesame, soybean and sunflower oils.

EAT SMART ADD COLOR MOVE MORE BE WELL

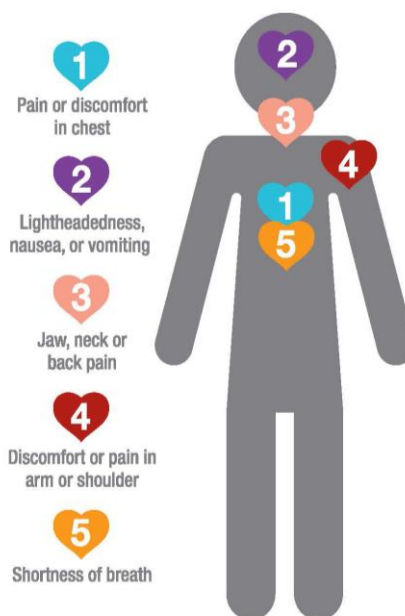
LEARN MORE AT
HEART.ORG/HEALTHYFORGOOD

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Common Heart Attack Warning Signs

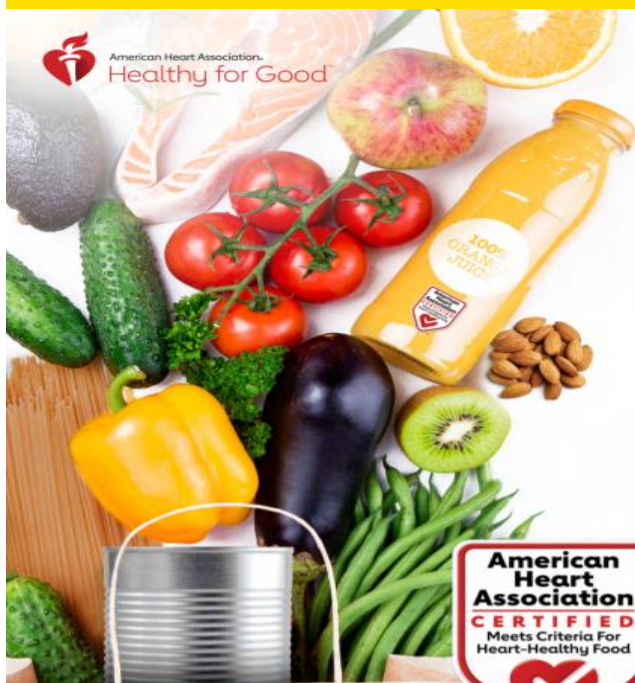


Learn more at Heart.org/HeartAttack.

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Healthy for Good™



CHECK FOR THE HEART-CHECK MARK

The Heart-Check mark is a simple tool to help you Eat Smart. When you see it, you can be confident that a product aligns with the American Heart Association's recommendations for an overall healthy eating pattern.

Hundreds of products carry the Heart-Check mark. Look for the Heart-Check wherever you shop—it's in almost every aisle!

This is what it takes to be Heart-Check certified:

SOURCE OF NUTRIENTS

Beneficial Nutrients (naturally occurring):

10% or more of the Daily Value of 1 of 6 nutrients (vitamin A, vitamin C, iron, calcium, protein or dietary fiber)

LIMITED IN SODIUM

Sodium:

One of four sodium limits applies depending on the particular food category: up to 140 mg, 240 mg or 360 mg per label serving, or 480 mg per label serving and per standard serving size.*

LIMITED IN BAD FATS

Saturated Fat:

1 g or less per standard serving size and 15% or less calories from saturated fat

Trans Fat:

Less than 0.5 g per label serving size and per standard serving size. Products containing partially hydrogenated oils are not eligible for certification.

TO LEARN MORE, VISIT

heartcheck.org

*All requirements listed apply to Standard Certification, see heartcheck.org/requirements

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